

Her Three Children HAD Whooping Cough

Many mothers make the mistake of thinking that whooping cough is not of serious importance, but it is one of the most dangerous diseases of infancy, and yearly causes more deaths than scarlet fever, typhoid or diphtheria, and is more common in female than male children.

DR. WOOD'S NORWAY PINE SYRUP

Is highly recommended by mothers everywhere for the relief of this trouble as it helps to clear the clogged-up air passages of the mucous and phlegm that has collected, and in this way brings on the "whoop" which brings the so-much-sought-for relief and heals and soothes the lungs.

Mrs. H. W. Mahar, Kentville, N. S., writes: "My three children had whooping cough. I tried every medicine I could think of until an old gentleman told me to try Dr. Wood's Norway Pine Syrup. Before they had one bottle taken the cough seemed better, and after two bottles they were about well. It loosened the cough and relieved them of that hard, distressing and strangling feeling that goes with it."

Why Corns?

Blue-jay

The simplest way to end a corn is Blue-jay. A touch stops the pain instantly. Then the corn loosens and comes out. Made in a colorless clear liquid (one drop does it!) and in thin plasters. The action is the same.

Pain Stops Instantly

IF BACK HURTS TAKE SALTS FOR KIDNEYS

Eat Less Meat if Kidneys Feel Like Lead or Bladder Bothers.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally. Made in a colorless clear liquid (one drop does it!) and in thin plasters. The action is the same.

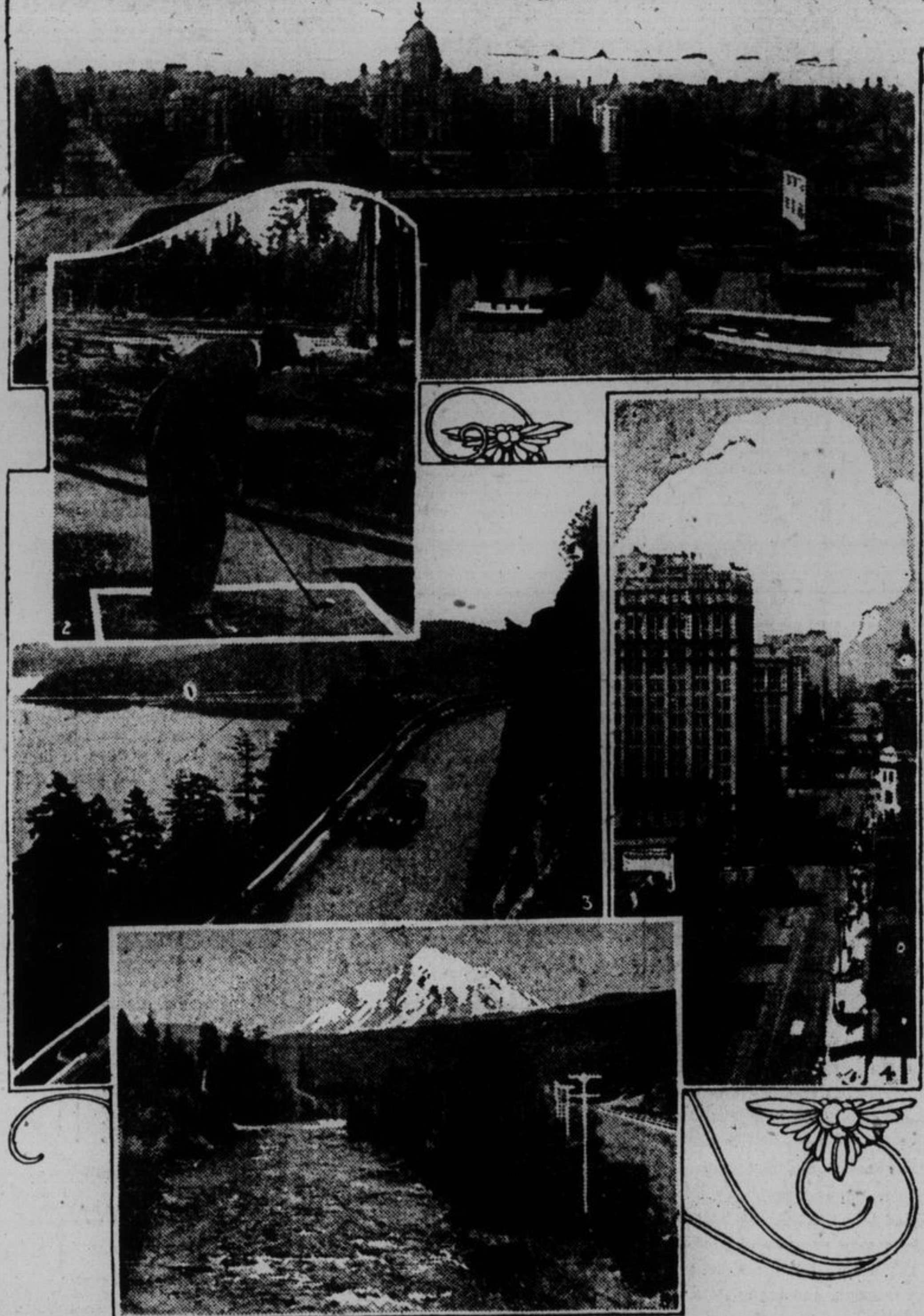
Jad Salts is harmless, inexpensive; makes a delightful effervescent lilt-water drink which everybody should take now and then to keep their kidneys clean.

GAINED 65 POUNDS!

"Five years ago when I was first married, I had wonderful energy. I could be on the go all day long without feeling the least bit fatigued. I had a great appetite and could eat anything. I weighed 147 pounds. I used to be busy every minute of the day and, when the day was over, I could go to bed and never wake up once during the night. Thirteen months ago my first baby was born. After that my energy seemed to leave me. I was tired all the time. I had to force myself to do my household duties. Instead of being a pleasure as formerly, these duties became a real task. I lost all desire for food and nothing would tempt me. I had to make myself eat. I could go to bed at night and toss from side to side for hours at a time. After a while I would doze off only to find that I had been sleeping for ten or fifteen minutes. Naturally when morning came, not having slept, I started the day completely tired out. I was shaky and nervous. The least noise would startle me and make my heart race along. I could see that my husband was losing weight every week and had already lost 54 pounds. I tried all kinds of tonics, but they didn't help me. One night, a night I shall never forget because it started me on the way to health and happiness again, my husband brought in a bottle of Carnol. A friend told him that Carnol had saved his wife's life, so he insisted upon my trying it. Six weeks after I began taking Carnol, my weight increased from 93 pounds to 158, an increase of 65 pounds. And, am I well these days? Every morning I fairly jump out of bed ready to tackle anything and every minute of the day is a joy to me now."

Carnol is sold by your druggist, and if you can conscientiously say after you have tried it, that it hasn't done you any good, return the empty bottle to him and he will refund your money. G-232 For sale by The Mahood Drug Co.

A Good Place to go in Winter



1. Parliament Buildings, Victoria, B.C.
2. Golf may be played every day in the year.
3. Famous Malahat Drive, Vancouver Island.
4. Vancouver is a beautiful modern city.
5. Magnificent mountain scenery en route.

Nature has dealt most generously with Canada in respect to her climate. While in the East we have winter weather worthy of the name, with lots of snow, which nowadays proves an attraction to thousands who revel in the bracing winter atmosphere and enjoy our winter sports of tobogganing, skiing, skating, etc., there are many who seek a warmer climate. We have this in Canada also.

Within the last few years, thousands of our Canadian people have been making their annual winter pilgrimages to the Pacific Coast, many to avoid the rigors of winter, and many simply to indulge in a winter vacation.

Victoria and Vancouver, on our own Pacific Coast, offer ideal retreats. Here flowers bloom in winter, and the grass and trees are always green. South-westerly breezes prevail throughout the year, reaching the land warmed by their passage across the vast breadth of the Pacific, whose waters on this coast have a temperature of 52 degrees.

In Victoria, 49 degrees has been the mean annual temperature for the last thirty years, while Vancouver is a little colder, but extremes in weather are never experienced. Golf and other outdoor sports may be engaged in all winter, while both cities have magnificent natural settings, and hundreds of miles of the finest roads on the continent invite motoring. You have the grandeur of mountain scenery, glorious seascapes, luxuriant evergreen forests and invigorating sea air, with all the advantages to be found in a modern metropolis, for Victoria and Vancouver are two of the finest cities in the Dominion.

The mountains en route through the Canadian Rockies are magnificent in their sombre winter dress—a fairyland of surpassing beauty. The Canadian National Railway passes through the mountains at the lowest altitude and easiest gradients of any transcontinental railway in America.

Good Night Stories
By *Blanche Sylvester*

Betty Meets A Little Dutch Miss.

My, how Betty did trown and tuss when the first snow began to fly through the air.

"I hate old winter," she growled. "There's nothing to do but sit in the house and sew or knit. You can't play outdoors at all."

"What makes you think that?" asked a merry voice, and Gocombeback, the little travel elfin, hopped upon the fence post beside Betty.

"Why, you're not at all like a little girl I know, who lives in a much colder climate than this. She loves winter time."

"But there's nothing to do except sit by the fire and sew or knit," growled Betty. "I suppose she's used to that kind of weather and doesn't mind it."

"Well, I can't say as to that," laughed Gocombeback, and before Betty knew what was happening she found herself standing in a strange country.

"Oh, I know where we are," Betty laughed, as she looked around her. "In Holland. I can tell by the many windmills and the way that little girl is dressed."

"You're right," laughed Gocombeback. "We're in Holland, and the little friend I spoke of is Gretchen. There she is this very second."

Gocombeback waved at the little girl, who came running to meet him, kicking the snow with her wooden shoes as she ran and he said:

"Gretchen, this is Betty from America, and Betty, this is my little friend of whom I was speaking."

"Oh, Gretchen," laughed Betty, shaking the little Dutch girl's hand. "Gocombeback has been trying to tell me that you like winter time better than you do the summer months."

"Then he has told you the truth," laughed Gretchen. "I do, and I think most of the Holland children will agree with me."

"But isn't it terribly dry and lonesome in winter?" asked Betty. "What in the world do you do to pass away the long, dreary hours?"

"Oh, my!" cried Gretchen, her

CHAMBERLAIN'S TABLETS

FOR
CONSTIPATION
BILIOUSNESS
Headache
INDIGESTION
Stomach Trouble

SOLD EVERYWHERE.

Making Anthracite.

Chemists May Find Way to Harden Our Soft Coal.

"We must have an artificial anthracite; we must provide a substitute for that 'luxury fuel' without delay."

So says George O. Smith, director of the Geological Survey. But how is an artificial anthracite to be made? Out of "sludge," for one thing. It is the waste of the anthracite mines—coal in particles so fine as to have no market value. Production of it amounts to about 5,000,000 tons per annum. Mountains of it have accumulated wherever there are coal mines. Immense quantities of it have been washed down from the coal washers into low places, forming extensive beds fifteen or twenty feet deep.

It is perfectly good coal. All that is needed is to make it into briquettes suitable for burning in the household furnace or the family stove.

Every year about 45,000,000 tons of steam-size anthracite—tiny bits from three-eighths to less than one-eighth of an inch in size—are sold and used for steam coal. The price it brings is less than the cost of getting it out of the ground. But if made into briquettes for domestic consumption it would be worth much money and would importantly help out the anthracite supply.

Already four or five plants in the anthracite region are manufacturing briquettes from this material. The thing ought to be done on a great scale.

Most important in the making of briquettes is the use of a suitable "binder" to glue the tiny bits together. Corn flour or other starch may be employed for the purpose; or the sulphite which is a by-product of the wood-pulp industry; or tars, such as coal tar or the asphaltic residue of petroleum refining.

All the Pennsylvania anthracite was originally bituminous coal. Heat converted it into its present form, driving nearly all the volatile elements out of it. Hence the smokelessness that renders it so desirable.

This being the case, why could not bituminous coal be transformed by laboratory methods into an artificial anthracite? It ought, indeed, to be practicable, and many experiments have been made with that object in view.

Briquettes have been made of bituminous coal, but no process has yet been developed that is satisfactory and cheap. The artificial lumps have a tendency to resolve themselves into the original coal dust when exposed to the high temperature of the furnace or stove, owing to melting of the tar or other stuff used for a binder.

They were originally in the ground of this continent about 22,000,000,000 tons of anthracite. That was the total existing quantity, and one-fourth of it has been dug up and burned. According to George O. Smith, there now remain approximately 16,500,000,000 tons of this smokeless luxury fuel underground. The demand for it is larger every year, owing to increasing population and the waning supply of natural gas, which has hitherto been used in great quantities for domestic purposes in place of coal.

The 16,500,000,000 tons of anthracite remaining underground would make a cube 6,910 feet long, 6,910 feet wide and 6,910 feet high. In other words, the cube would be somewhat more than one and a quarter miles on an edge.

The situation in regard to bituminous coal is very different. At the start there were about 3,100,000,000 tons of it underground—enough to make a cube ten miles on an edge. Such a cube would represent 1,900 cubic miles of coal, or one million tons, one mile wide and one mile high. We have taken out of the ground up to date only the equivalent of five of these blocks, so that we have 995 of them left.

The figures here given relate to coal available for mining. As for anthracite, the price of it is bound to go up steadily, and fifty years from now it will be a luxury obtainable only by the rich. A century and a half hence even they will not be able to get it, for it will be all gone.

We must, then, as Mr. Smith remarks, have an artificial anthracite, and for a future that is not far distant we must learn how to make it from bituminous coal.

Oshawa Growing.

When complete figures are available they will show that Oshawa has grown rapidly since last year. R. H. James, tax collector, announced the other day. He predicts that the population this year is 1,500 greater than last year.

As a result of this growth there is a serious housing shortage. Having just completed his assessment duties, the tax collector stated that over 500 new houses would have to be erected to cope with the situation. It is practically impossible to obtain houses in the business district.

Our Good Example.

A race between France and Great Britain to prove which of their methods to obtain a reduction in armaments will yield the most results is in prospect.

The Great Lakes Treaty between the United States and Canada has been edited by H. A. L. Fisher, representing Great Britain, as an example of what a regional agreement ought to be. This document of a hundred years ago, he said, might well be taken as a model, as well as proof of what such an understanding may accomplish.

Okanagan's Record Crop.

Okanagan this season is shipping between five and six thousand carloads of fruit, according to Dr. K. C. MacDonald, M.P.P. for North Okanagan, B.C. The only thing the Okanagan producers are now worrying about is what they will be able to get for their record crop.

Australia exports \$4,000,000 rabbit skins every year.

Met. Pay Death Penalty.

Pretoria, South Africa, Nov. 15.—The governor-general has confirmed the death sentences passed on the three revolutionaries, Hull, Lewis and Long for murders committed during the Rand revolt last winter. The sentences on Latagan and Saunders have been commuted to imprisonment for life.

BEDDING FOR STABLES

Straw, Peat Moss, Sawdust and Shavings Considered.

Straw Preferred for Many Reasons
—Measuring Hay in the Mow and In the Stack—Hand-feeding Lambs—Farm Trespassers Scored.

(Contributed by Ontario Department of Agriculture, Toronto.)

The materials used for bedding domestic animals are generally straw from the grain fields, peat moss from the swamp, or shavings from the saw or planing mill. Straw is used to a greater extent than any other material, first because of its abundance; secondly because the stable offers a medium for transferring this by-product of the field to manure, and thereby facilitating its return to the land; thirdly because it is a good absorbent of liquids. Straws from oats, peas, rye, wheat and oats vary in value as a litter or bedding material. The hard rye and wheat straws, while durable to the wear of animals, is not as good an absorbent as the softer oat, barley and pea straws. Wheat straw not being highly valued as a feed finds its greatest use as a stable bedding. The nitrogen, potash and phosphorus contained in a ton of wheat or rye straw has a value at commercial fertilizer prices of \$2.25, oat straw \$2.60, and barley straw \$2.10. Straws have a further value in that the organic matter content is large, and of such a nature as to be particularly valuable in soil improvement. Peat moss is valuable as an absorbent of liquids, it is also valuable for its nitrogen content. The manure from stables where peat moss is used as bedding is generally of considerably higher value than the manure from any other source. It has one objection in that it is not as clean as straw. Sawdust and shavings, while serving the purpose as a litter or bedding material, add little value to the manure. Useful as an aid in keeping the animals clean and preventing the loss of the liquid portion of the manure, sawdust or shavings serve a good purpose; but it must be remembered that the fertility value of sawdust is low. Those who have straw should use it. Those who have neither straw or peat moss should then use the sawdust or shavings.—L. Stevenson, Sec. Dept. of Agriculture, Toronto.

MEASURING HAY.

The following simple and practical hints regarding the measuring of hay are worth noting and filing:

Tons of Hay in the Mow.

To find the number of tons of hay in a mow multiply the length by the breadth and then by depth of hay. This will give the number of cubic feet. Divide by 400, the resulting number will be the answer in tons. Hay varies in density due to the character of the grasses or clover from which it is made, the length of time the hay has been in the mow, and the depth of the mow. Timothy and other grasses pack closer than clovers, shallow mows do not pack to the same density as do the deep mows, so judgment must be used in selecting a factor above or below 400 when estimating. The hay in the bottom of a mow 20 feet deep will be packed into half the space observed in a mow only 10 feet deep. If the mow is only 10 feet deep the factor used should be 600, if 20 feet deep 350 will be nearer correct. A fair average for all conditions is 400.

Tons of Hay in a Stack.

To find the number of tons of hay in a stack, measure the overthrow distance of the stack and multiply by the length and breadth in feet, then divide by three. The resulting number will give the number of cubic feet. If the hay has been standing two months and the stack not over 12 feet high, divide by 500, the resulting number is the answer in tons.—L. Stevenson.

Hand-feeding Lambs.

Lambs that have lost their mothers or have milkless mothers can be successfully reared by using goat or cow's milk in a rubber-nipple nursing bottle. The newly-born lamb requires a small quantity of milk at very frequent intervals. Two or three teaspoonful every hour for the first day with a gradual increase as the lamb grows older. Many make the mistake of giving a newly-born lamb all the milk it will take at two or three feeds a day. This treatment is very frequently fatal. Keeping the feeding bottle clean and sweet and using the milk from a fresh cow and feeding every hour or two until the lamb is four weeks old will generally give good results. Milk may be continued as a feed as long as the lamb will take it. Should bottle-fed lambs develop scours, this condition can be checked usually by heating the milk to boiling point and then cooling quickly. A teaspoonful of castor oil given with the milk is also an effective remedy.—L. Stevenson.

Farm Trespassers Scored.

Mrs. Bess Wilson, editor of the Redwood, Minn., Gazette, very properly censures town people who drive through country districts and raid the farmer of his tame and wild fruit and other products. "Everything that grows on a farmer's farm belongs to that farmer," is the way the Gazette puts it. "To take even wild fruit without his permission is as much a misdemeanor as to take his corn, potatoes or chickens."

Improving the Sink.

An old wooden sink was made handier by attaching a zinc drain board. Three shallow grooves were beaten into the zinc, and it was nailed to the wooden frame with a slight incline so the water easily drained back into the sink.

A man may stand on the corner and watch for opportunities, but opportunities are different from him—they are on the move.

A good many people feel inclined to give credit to the Lord for work and kindness done by human hands. This, I say, is not justice.

The harbor at Halifax is 16 miles long.

Say
Ben-Gay
for Rheumatism

It's the glowing warmth that gives such quick relief from a rub with
headache
BAUME BENGUÉ
—also relieves lumbago—sciatica—
Keep a tube handy — At all dealers
THE LEEMING MILES CO., LIMITED, Agents, Montreal

Get the Original
Dr. Bengue's
Baume

First Aid
FOR RHEUMATISM
AND ALL PAINS

DON'T DO THIS!

Use
LEONARD EAR OIL

IT DOES RELIEVE DEAFNESS
AND HEAD NOISES. Simply rub
it in back of the ears and insert
in nostrils.

MADE IN CANADA
L. H. Beddington & Co.
Sales Agents
For sale in Kingston by Austin's
Drug Store, Mahood's
Drug Store, Sargent's Drug
Store, A. P. Chown and all good
druggists.

Losing Weight?

If Stomach is Gassy, Sour, Acid, With
Heaving, Heartburn, Freesues,
Try Stuart's Dysepasia
Tablets.

Any number of thin people have great trouble with what they eat or drink and suffer with indigestion. The food does not seem to prepare itself to nourish the body. The stomach is in an acid condition and such people often complain of weakness, rheumatic pain, headache and a run down condition when what they need is the alkaline effect to overcome or neutralize this acid condition. A host of people have found that by chewing one or two of the large white tablets from a box of Stuart's Dysepasia Tablets they get this alkaline effect, they then begin to pick up, take on firm flesh and eat whatever they like and feel fine. Get a 50 cent box of Stuart's Dysepasia Tablets of any druggist and note the splendid results after eating pie, cheese, sausage and all the other tasty foods.

WARMTH

When you get chilled
from a cold and
through

Apply Thermo-
gene in a light
dry, flaccid
wool bag or
medicinally
treated to
insure instant
and continuous
heat.

THERMOGENE

notes through the pores
and penetrates to every
chill-racked part.

From your 50c
Drug Store.

**STOP RHEUMATISM
WITH RED PEPPER**

When you are suffering with rheumatism so you can hardly get around just try Red Pepper Rub and you will have the quickest relief known.

Nothing has such concentrated, penetrating heat as red peppers. Instant relief. Just as soon as you apply Red Pepper Rub you feel the tingling heat. In three minutes it warms the sore spot through and through. Frees the blood circulation, breaks up the congestion—and the old rheumatism torture is gone.

Rowles Red Pepper Rub, made from red peppers, costs little at any drug store. Get a jar at once. Use it for lumbago, neuritis, backache, stiff neck, sore muscles, colds in chest. Almost instant relief awaits you. Be sure to get the genuine, with the name Rowles on each package.

Beecham's Pills
Keep you fit

Some people, by their stubbornness, lead me to believe they had rather stub their toes against a rock than turn one side and avoid injury.

One of the very best plans of life is to look for and expect happiness. Trouble comes quick enough and without solicitation on our part.

It is necessary to place some men behind the bars in order to induce them to lead the simple life.

Hood's Pills

The painless, purely vegetable cathartic; cure biliousness, constipation, all liver ills. Pleasant to take. Work every time. 25c.